

G. C. FOSTER COLLEGE OF PHYSICAL EDUCATION

DIPLOMA IN COACHING

MAY 2017 EXAMINATIONS

Year 2

PHYSICAL EDUCATION

TIME: 2 hours

THEORY AND METHODOLOGY OF TRAINING

INSTRUCTIONS: Answer ALL questions from Section A and Section B.

SECTION A

1. Explain any two of the following training periods.
  - I. The Micro cycle
  - II. The Macro cycle
  - III. The Meso cycle
  - IV. Daily plan

(10 marks)
2. Name TWO energy system and explain one them. 

(6 marks)
3. List the FOUR training factors. 

(4 marks)
4. Name TWO factors that affect peaking. 

(2 marks)
5. Explain the main aim of periodization. 

(4 marks)
6. What are the THREE phases of the macro cycle? 

(3 marks)
7. Explain the term Intensity and state which section of the training period is the Intensity highest? 

(4 marks)

20

8. Explain the principle of specificity. (4 marks)

9. What is meant by progression? (3 marks)

~~10. List the FOUR training factors. (4 marks)~~

~~11. Name TWO factors that affect peaking. (4 marks)~~

### SECTION B (10 marks)

12. Two principles of training are:

- a) Reversibility and convertibility
- b) Adaptability and usability
- c) Reversibility and overload
- d) Overload and capability

13. Overload and capability "If you don't use it, you lose it".

- a) Law of reversibility
- b) Law of overload
- c) Law of specificity
- d) Law of individualization

14. Two topics that is included in training theory are:

- a) Physiology and Chemistry
- b) English and Physics
- c) Anatomy and Biomechanics
- d) First Aid and Spanish

15. One of the objectives of training is:

- a) To reach a high level of performance
- b) To see how much performance, they can give
- c) To get required times for qualification
- d) To see how we can enhance future programmes

16. Which of the following determines the quality of the training the athletes' do in training?
- a) volume
  - b) frequency
  - c) Intensity
  - d) Type
17. What is the first thing that is to be done when starting a training programme for an athlete?
- a) Have them run races
  - b) Decide which event the athlete will do
  - c) Gather information on the athlete
  - d) Carry out a evaluation of the athlete, for health and fitness
18. Which of the following determines the amount of work that the athlete does in training?
- a) Intensity
  - b) time
  - c) frequency
  - d) volume
19. The length of time that an athlete has been training is referred to as :
- a) The chronological age
  - b) The training age
  - c) The maturation age
  - d) Performance age
20. What is the purpose of the transition period?
- a) To facilitate rest, relaxation and biological regeneration
  - b) To ensure that the athlete peaks
  - c) To help the athlete cope with the stress of training
  - d) To facilitate unloading
21. During the preparatory phase of training which of the following methodology is correct?
- a) Low volume and high intensity
  - b) Low volume and low intensity
  - c) High volume and low intensity
  - d) High volume and high intensity

**END OF EXAMINATION**